

# The Skeletal System

# 5

The skeletal system consists of **206 bones**, which are constantly changing. When a baby is born, their skeletal system contains **300 bones**. But as they grow, some bones begin to fuse or grow together. Many bones in a child's body are made of **cartilage**. Cartilage is a flexible material found in between bones. As the child grows, with the help of calcium, the cartilage begins to turn into bone. By the time you are 25 years old, bone growth stops and the size your bones are is what they are going to be.

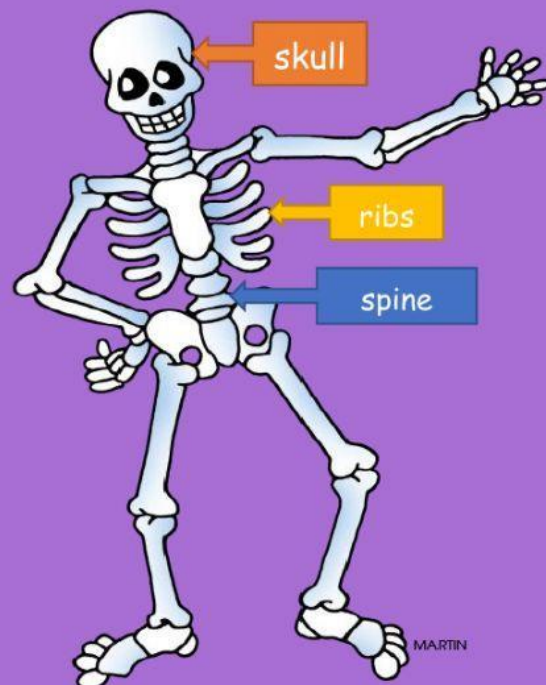
The skeleton **has 3 functions**:

1. It supports the weight of the body.
2. Enables it to move and
3. Protects vital organs.

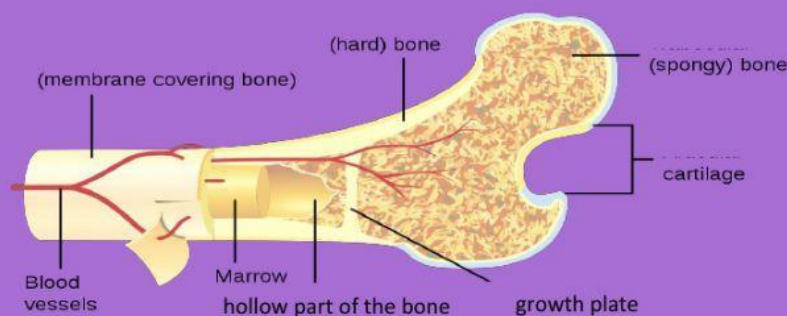
The **skull** protects the brain and forms the shape of the face.

The **spine** is made up of vertebrae that support and protect the spinal cord.

The **ribs** protect the heart, lungs and other organs in the chest cavity.



Bones are made of different kinds of tissues. Some bones are hollow. These are light and strong. The outer part of bones are made of hard bone tissue. The hardness is crystals of calcium.



## THE SKELETAL SYSTEM WORKSHEET

1. At birth, how many bones are found in the human skeletal system?
2. What is cartilage?
3. Match the bone part of the skeleton from **COLUMN A** with its function in **COLUMN B**.

| COLUMN A - BONE | COLUMN B - FUNCTION |
|-----------------|---------------------|
| spine           |                     |
| ribs            |                     |
| skull           |                     |

4. State **TWO** (2) functions of the skeletal system.
5. "**Calcium is a mineral that helps bones grow.**" Which of the following is **NOT** a good source of calcium.



milk



pizza



cheese



spinach



yogurt



egg